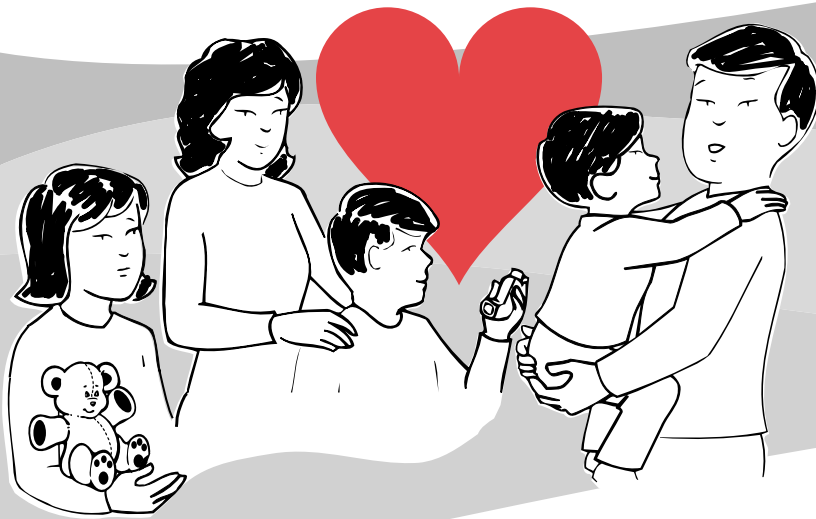


# Indoor Air Quality and Asthma

## A How-to Guide



*Prevent Asthma Flare-Up  
Control Triggers in Your Home*

*Presented by the*



**AMERICAN  
LUNG  
ASSOCIATION®**  
*of the Central Coast*

Developed by Sylvia Twersky-Bumgardner, MPH  
Translated by Wendy Myers, Christina Sotelo, Gabriela Woyce and Lonny Aviles-Crespo  
Made possible by the generous funding of the California Children and Families Commission

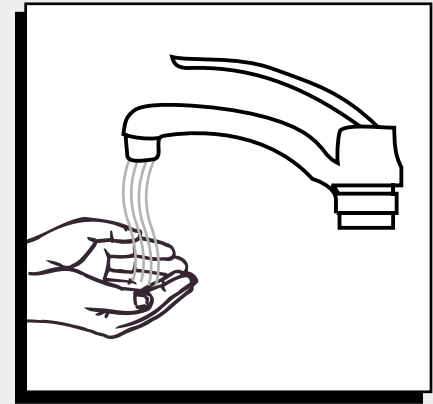
# Irritants \* Allergies \* Infections



**Can trigger asthma episodes**



**Reduce or eliminate irritants and allergens from your child's environment.**



*It can't hurt to wash your and your child's hands as often as possible to prevent the spread of infections.*

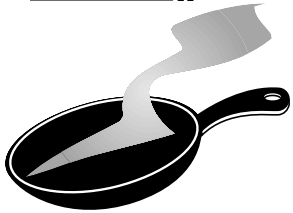
# SMOKE



Fireplaces

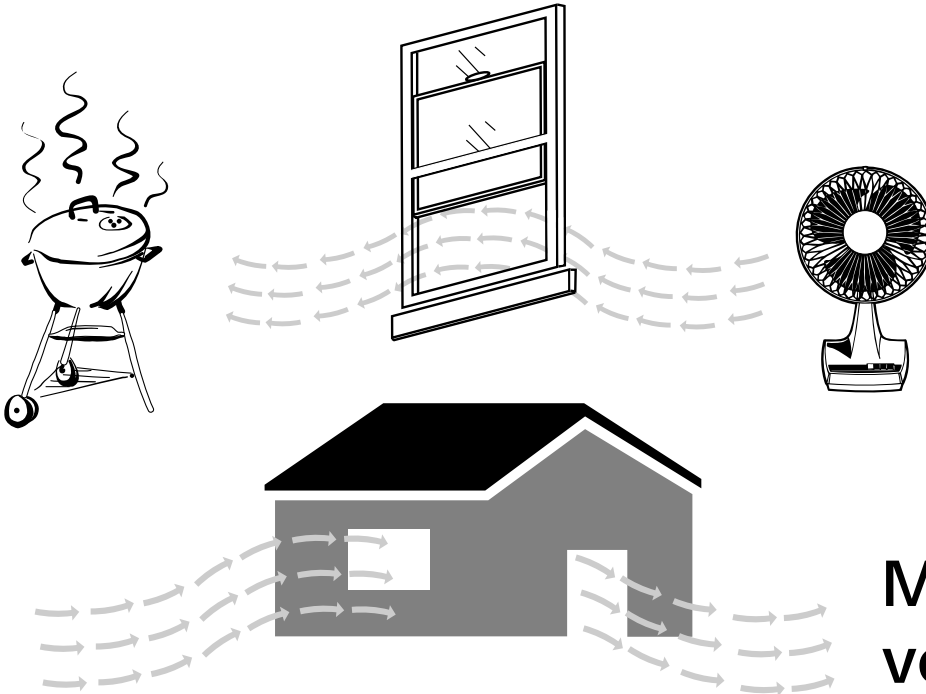


Tobacco Smoke



Smokey Cooking

- ✓ Use fans to blow smoke outside.
- ✓ Open windows when grilling or grill outside.



- ✓ If you must smoke, take it outside.



- ✓ Don't smoke in your car.

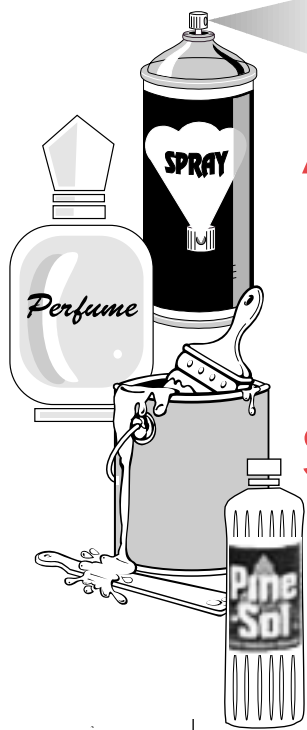


- ✓ Don't let friends, relatives or caregivers smoke around your child.



Make sure you have cross ventilation for airflow.

# OTHER IRRITANTS



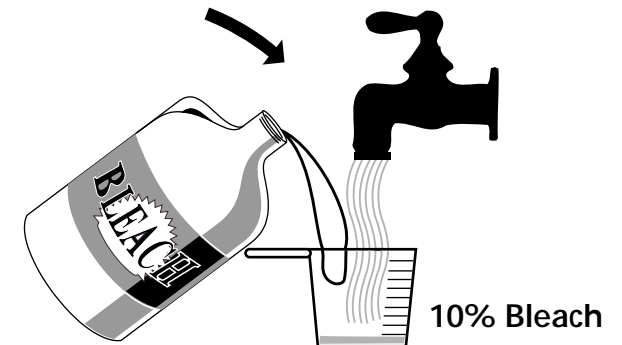
Aerosol Sprays

Perfumes

Paint

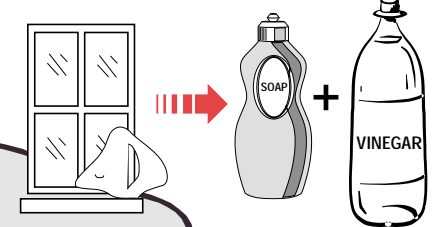
Strong Smelling Cleaners

*This includes Bleach and Pine Sol!  
If you must use bleach please  
dilute it with water.*



## ALTERNATE CLEANING RECIPES

**Save \$\$, Better for Asthma**



GLASS CLEANER: 1/2 TSP – Soap  
3 TBL – Vinegar  
2 Cups – Warm Water

TOILET CLEANER: 1/2 Cup – Borax\*  
1 Gallon – Water

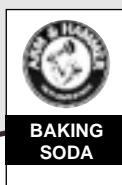
DRAINS: Pour **BOILING** water weekly  
down drain

*For Mold and Mildew: Try baking soda and a  
scouring pad. For more difficult areas apply Borax\**

HOUSEHOLD CLEANER: TSP – Liquid Soap  
TSP – Baking Soda  
1 QUART – Warm Water



or



*\*BORAX is poisonous. Keep out of reach of children!*

# ALLERGIES & DUST MITES

- ✓ Once a Week **WASH BEDDING IN HOT WATER** (130-140°) to kill dust mites.
- ✓ **COVER** Beds, pillow cases, box spring with casings so your child will not come into contact with dust mite droppings.
- ✓ Keep stuffed animals **OUT OF CHILD'S ROOM** and wash them in hot water frequently.

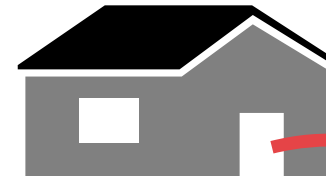
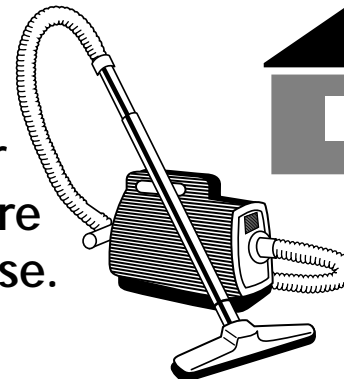
✓ **DAMP DUSTING.**



- ✓ **VACUUM** the carpet and upholstered furniture.  
*Use Double Layered Vacuum Bag to prevent dust from re-entering the air.*

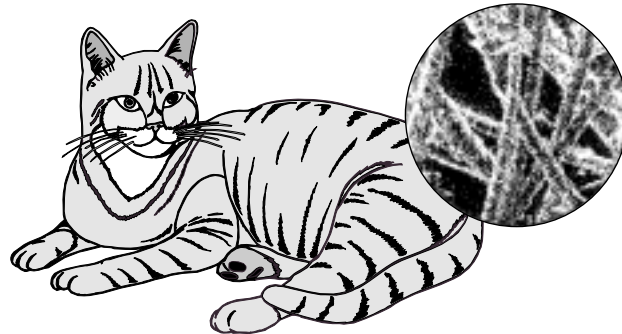
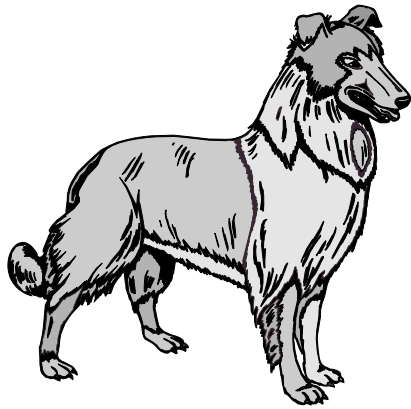


**Don't dust or vacuum around your child with asthma. Wait till they are out of the room or out of the house.**



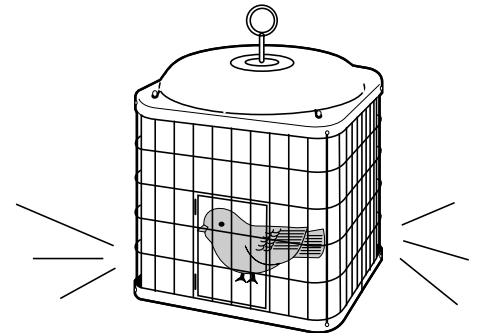
# ALLERGIES & PETS

All furred and feathered animals shed dander (flakes of skin) that can trigger allergies and asthma.



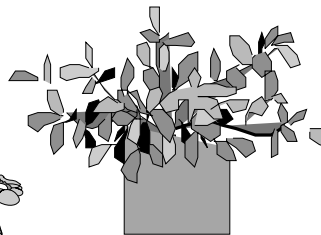
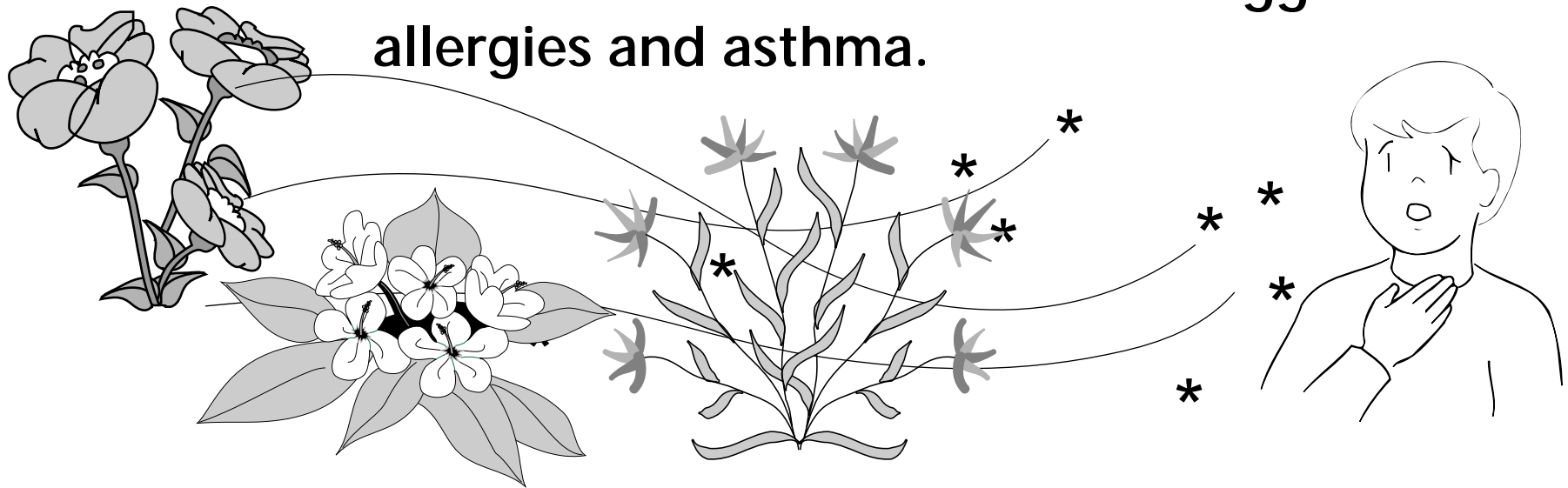
**WASH THE PET ONCE A WEEK**  
and keep cages clean.

**KEEP PETS OUT** of child's  
sleeping area.



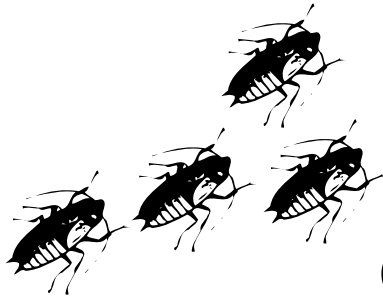
# ALLERGIES & PLANTS

Flowers release pollen and houseplants can attract mold and dust that triggers allergies and asthma.



Keep plants and flowers outside the house.

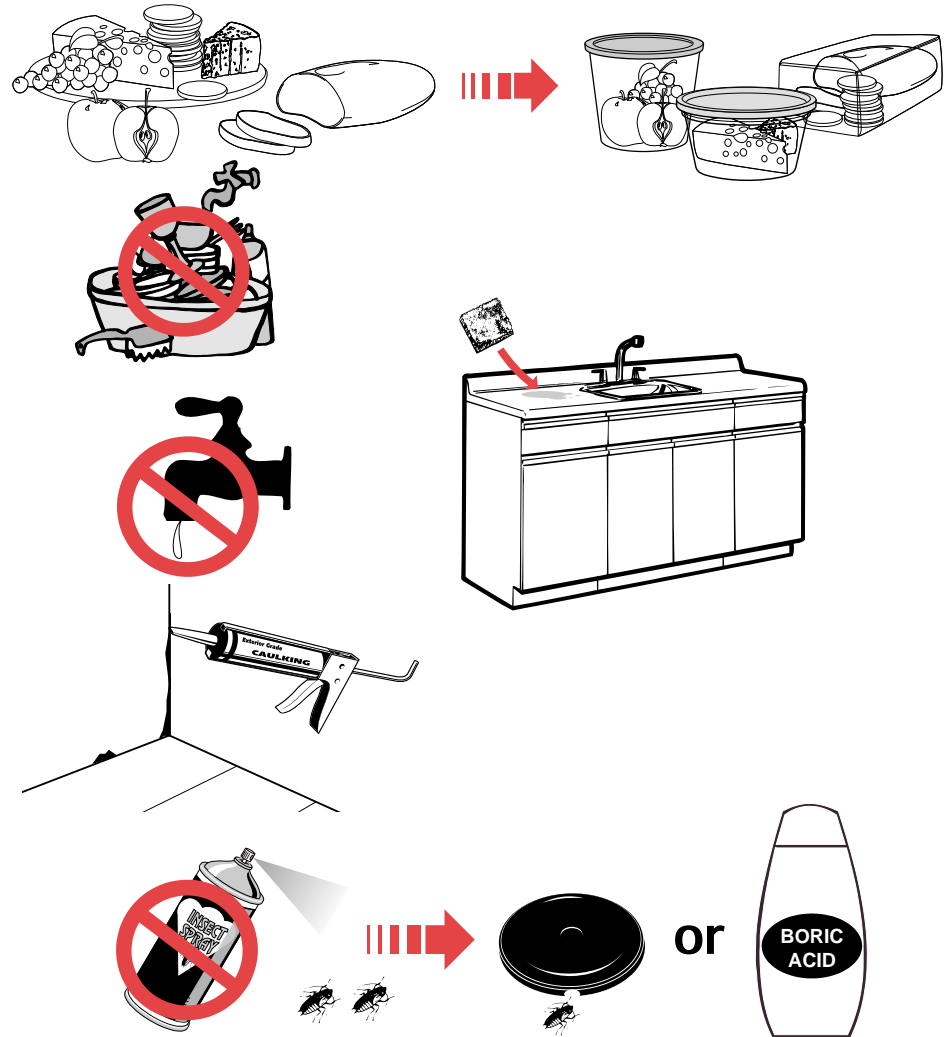
# ALLERGIES & PESTS



## COCKROACHES & MICE can trigger allergies and asthma

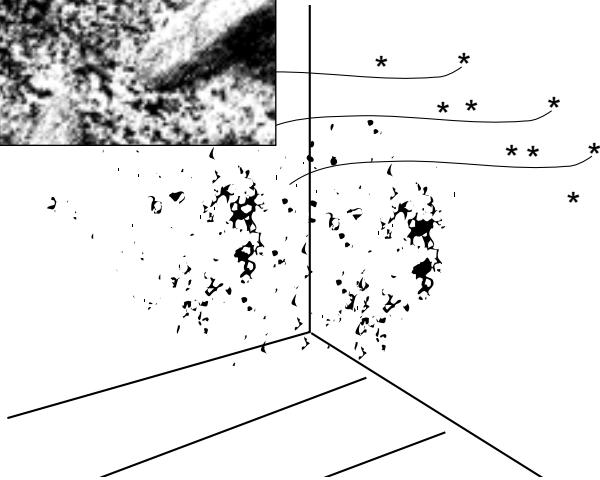
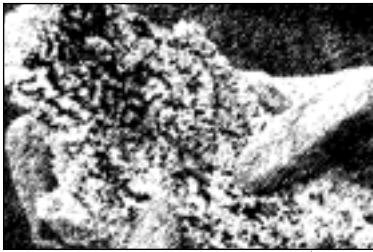


- ✓ Keep food and garbage in closed containers.
- ✓ Don't leave dishes overnight.
- ✓ Eliminate water sources by fixing leaks and keeping countertops dry.
- ✓ Plug up holes and crevices with caulking
- ✓ Use non-toxic traps, baits, or boric acid rather than pesticide sprays  
(Keep Out of Children's Reach). ☠





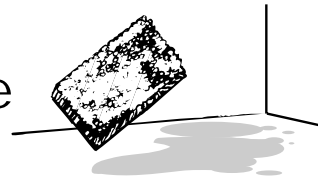
# ALLERGIES & MOLD



**MOLD and MILDEW release spores\* which can be inhaled and cause allergic and asthmatic reactions.**



- ✓ Get rid of excess water or moisture which mold needs to grow.



- ✓ Give prompt attention to leaks or floods to prevent mold growth.

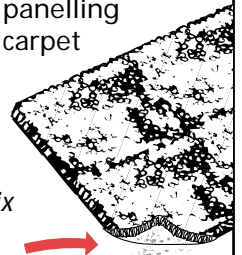


## HIDDEN MOLD

If the room smells moldy but you can't see any mold there may be mold under:

- wallpaper
- walls
- panelling
- carpet

Contact your landlord or Department of Health Services to fix the problem.



- ✓ Scrub mold with:  
**Baking Soda, or  
Borax, or  
A diluted Bleach solution**



or



or



**10% Bleach**

\*Spores: an environmentally resistant cell produced by plants and capable of development into a new individual